



## Peggy Sue's Honey-Cinnamon Date-Nut Cake

READY IN



45 min.

SERVINGS



16

CALORIES



305 kcal

DESSERT

### Ingredients

- 0.5 cup apple sauce
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1 cup dates pitted chopped
- 1 cup evaporated skim milk
- 3 cups flour all-purpose
- 0.5 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 1 cup honey

- 0.5 cup butter softened
- 0.5 teaspoon salt
- 0.3 cup walnuts toasted chopped

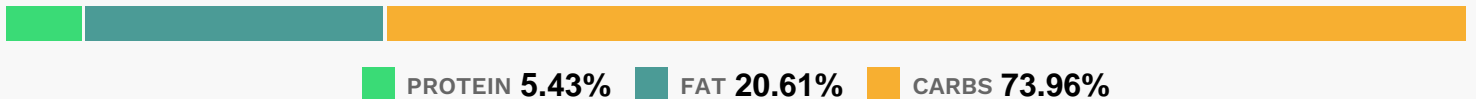
## Equipment

- frying pan
- oven
- wire rack
- blender
- baking pan

## Directions

- Preheat oven to 35
- Beat margarine and sugars at medium speed of a mixer until well-blended (about 5 minutes).
- Combine evaporated milk, honey, and applesauce; set aside.
- Combine flour, cinnamon, baking soda, and salt.
- Add flour mixture to margarine mixture alternately with honey mixture, beginning and ending with flour mixture. Stir in dates and walnuts.
- Pour batter into a 13 x 9-inch baking pan coated with cooking spray.
- Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:17.15, Glycemic Load:29.64, Inflammation Score:-4, Nutrition Score:5.9652173622795%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin:

0.41mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 304.92kcal (15.25%), Fat: 7.23g (11.12%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 58.35g (19.45%), Net Carbohydrates: 56.64g (20.6%), Sugar: 38.78g (43.09%), Cholesterol: 0.64mg (0.21%), Sodium: 230.06mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Manganese: 0.3mg (15.19%), Vitamin B1: 0.2mg (13.66%), Selenium: 9.03µg (12.9%), Folate: 48.67µg (12.17%), Vitamin B2: 0.19mg (11.07%), Iron: 1.46mg (8.09%), Vitamin B3: 1.59mg (7.96%), Phosphorus: 71.79mg (7.18%), Fiber: 1.72g (6.86%), Calcium: 66.69mg (6.67%), Vitamin A: 320.83IU (6.42%), Potassium: 176.26mg (5.04%), Copper: 0.1mg (4.92%), Magnesium: 17.91mg (4.48%), Vitamin B5: 0.32mg (3.19%), Zinc: 0.45mg (2.98%), Vitamin B6: 0.05mg (2.75%), Vitamin D: 0.32µg (2.13%), Vitamin E: 0.27mg (1.79%)